

# NOVEMBER 2012

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE, CONTACT YOUR MEAL MANAGER.</p> <p>EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL HELPS MAKE MORE MEALS POSSIBLE.</p> <p><b>MENUS ARE SUBJECT TO CHANGE</b></p>			<p><b>1</b></p> <p>TOSSED SALAD ITALIAN DRESSING OPEN FACED HOT TURKEY SANDWICH WITH GRAVY MASHED POTATOES ITALIAN MIXED VEGETABLES WHEAT BREAD FRESH SEASONAL FRUIT 1% MILK</p>	<p><b>2</b></p> <p>TOMATO JUICE 3 BEAN SALAD BEEF STROGANOFF STEAMED CARROTS WHEAT BREAD APRICOTS EGG NOODLES 1% MILK</p>
<p><b>5</b></p> <p>CRANBERRY JUICE CHICKEN BREAST WITH GRAVY MIXED VEGETABLES FRUIT COCKTAIL WHEAT BREAD MASHED POTATOES 1% MILK</p>	<p><b>6</b></p> <p><b>CLOSED FOR ELECTIONS</b></p>	<p><b>7</b></p> <p>BEEF VEGETABLE SOUP SALTINE CRACKERS SMOKED TURKEY BREAST ON WHOLE GRAIN BREAD WITH SWISS CHEESE LETTUCE/TOMATO FRESH CABBAGE SLAW ORANGE JELLO WITH PEARS 1% MILK</p>	<p><b>8</b></p> <p>CRANBERRY JUICE TUSCAN BEAN SALAD CHICKEN BREAST IN PARMESAN SAUCE FETTUCINI NOODLES MIXED VEGETABLES WHEAT BREAD TROPICAL FRUIT 1% MILK</p>	<p><b>9</b></p> <p>APPLE JUICE MEAT LOAF WITH GRAVY MASHED POTATOES SLICED CARROTS WITH DILL MULTIGRAIN ROLL APPLE SAUCE 1% MILK</p>
<p><b>12</b></p> <p><b>CLOSED FOR VETERANS DAY</b></p>	<p><b>13</b></p> <p>PINEAPPLE JUICE BAKED CHICKEN QTR PEAS &amp; CARROTS RED BEANS AND RICE WHEAT BREAD PEACHES 1% MILK</p>	<p><b>14</b></p> <p>TOSSED SALAD RANCH DRESSING TUNA &amp; NOODLES ITALIAN BREAD AUTUMN BLEND VEGETABLES FRESH ORANGE 1% MILK</p>	<p><b>15 *** SPECIAL ***</b></p> <p>FRUIT COCKTAIL TURKEY WITH GRAVY BREAD STUFFING PEAS AND CARROTS CRANBERRY SAUCE PUMPKIN PIE 1% MILK</p>	<p><b>16</b></p> <p>FRUIT PUNCH HEARTY BEEF STEW WITH MIXED VEGETABLES &amp; POTATOES MULTIGRAIN ROLL FRESH APPLE SLICES 1% MILK</p>
<p><b>19</b></p> <p>ORANGE JUICE BEEF HOT DOGS HOT DOG ROLL MID WEST BAKED BEANS COLE SLAW FRESH PEARS 1% MILK</p>	<p><b>20</b></p> <p>CRANBERRY JUICE HOT TURKEY WITH GRAVY MASHED POTATOES FRESH BROCCOLI SLAW PEAS WHITE BREAD 1% MILK</p>	<p><b>21</b></p> <p>SOUTHWESTERN BEAN SALAD APPLE JUICE SHEPPARD'S PIE WHEAT BREAD FRUIT COCKTAIL 1% MILK</p>	<p><b>22</b></p> <p><b>CLOSED FOR THANKSGIVING</b></p>	<p><b>23</b></p> <p><b>CLOSED FOR THANKSGIVING</b></p>
<p><b>26</b></p> <p>APPLE JUICE TURKEY BURGER MASHED SWEET POTATOES CUCUMBER &amp; ONION SALAD WHOLE GRAIN ROLL APRICOT HALVES 1% MILK</p>	<p><b>27</b></p> <p>GRAPE JUICE 3 BEAN SALAD LASAGNA ROLLETES PINEAPPLE TIDBITS KALE ITALIAN BREAD 1% MILK</p>	<p><b>28</b></p> <p>TOMATO JUICE SALISBURY STEAK WITH GRAVY MASHED POTATOES CORN WHOLE WHEAT BREAD PEACH &amp; APPLE CRISP 1% MILK</p>	<p><b>29</b></p> <p>PINEAPPLE JUICE CHICKEN STEW WITH PEAS &amp; CARROTS BROWN RICE CORN MUFFIN DICED PEACHES 1% MILK</p>	<p><b>30</b></p> <p>ORANGE JUICE BEEF TIPS BURGUNDY BUTTERED NOODLES ZUCCHINI CASSEROLE FRUIT COCKTAIL MULTI GRAIN DINNER ROLL 1% MILK</p>